

Denmead Striders Summer Schedule - 2022

Welcome to the 2022 summer schedule with the Denmead Striders. Both the sessions will start at Kidmore Lane car park in Denmead, unless otherwise stated. **The start time of the Monday session will be 18.30, the main club night session on Wednesday will start at 19.00.**

The sessions will be a mixture of speed work and sustained running with some new sessions as well. The objective of the 2022 summer schedule is to improve overall fitness enabling club members to maintain speed over distance.

During the summer we aim to train over a variety of surfaces on road, grass and woodland trails. **If you are susceptible to insect bites remember to apply insect repellent beforehand.**

The first handicap race of the season will be a 'naked' scratch race. Don't worry you don't have to strip off your clothing before running, you just cannot wear a watch or any digital device which may help you with timing and pacing. On the evening each member will give their predicted time for the 5.4K route, the winner being the one closest to their predicted time. This time will then be used to calculate your handicap. It will not be a problem if you cannot make this first race, at the next handicap race just give your predicted time and the coach will slot you into a suitable starting time.

At the time of writing the schedule the dates for the PJC Summer XC had not been confirmed. If the race goes ahead this year, then once again, the session on the chosen date will be this event and **there will be no 'Kidmore Lane session' on this day.**

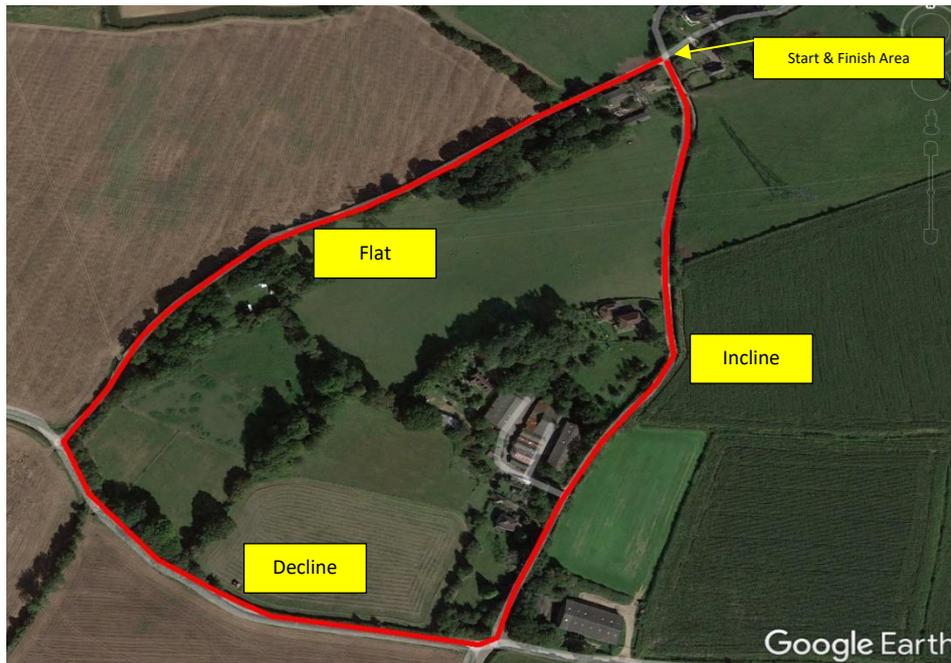
The 2022 schedule also includes the 10K endurance session, this will be run on the Denmead 10K route – shown below.



We cannot all run as fast as Mo Farah, but we can train like him and the session on 20/07/22 will allow members to do that by copying a Mo Farah interval training session. How will your times compare?

Mo Farah	Time		Time
1Mile	00:03:55	1Mile	
1200	00:02:57	1200	
1000	00:02:27	1000	
800	00:01:57	800	
600	00:01:20	600	
400	00:00:50	400	
200	00:00:25	200	

This summer schedule sees the introduction of two new sessions, one which is a variation on hill session. The idea behind the session is to simulate race terrain conditions along with improving speed and endurance. The session will be run on the Pit Loop and will be a mixture of incline, declines and flats.



The second session is a competitive session, where you partner up with someone of the same running ability and start at the same point. The idea being you run in opposite directions and the aim is to get back before your partner. The route uses the perimeter of the playing field and is approximately 500m.



Your body needs to train in order to become accustomed to the faster pace of speed work. Listen carefully to the coaches, run at the pace directed and take the full recovery specified. During the interval, even on warm summer evenings it is important to keep moving to prevent muscles getting cold and causing injury.

During the warmer weather, it is essential to stay hydrated so you can train at your best, it is better to drink little and often during the day so you are well hydrated. It is also a good idea to bring some water along to the session so you can 'top up' during the rest interval.

As the weather can be changeable it is a good idea to bring along a lightweight long sleeve top as we can cool down very quickly after a session, especially at the start and end of the summer schedule. Also, as we approach the end of the schedule a reflective or light-coloured top will be required.

Please be aware if weather conditions some of the sessions may be adapted or changed completely to suit.

Finally, we hope you enjoy the summer schedule this year and we look forward to receiving any feedback you may have.